



OFFERING COMMUNITY GARDENERS: IDEAS ...INSPIRATION ...HEALTHFUL TIPS AND RESOURCES ...HEALTHY RECIPES

As the vegetables grow, and the seasons change, so does the community garden...watch for:

- Garden Signs
- Electricity
- New Gardeners

Looking Forward to Spring events...

- Garden Workshops: will be in February and March

Reminders...

- New Surveys will be in the garden shed, please fill one out
- Please put city tools and hoses away in the garden shed
- Be mindful of our neighbors and keep watering and weeds to a minimum



The Nutritious Garden ...



Above: Tomatoes are a great source of vitamin C and the B complex vitamins, minerals like iron and potassium, and antioxidants such as lycopene.

Did you know that eating at least five servings of fruits and vegetables a day can significantly improve your health?

By incorporating fruits and vegetables from your garden into your diet, you are improving your well-being.

Tomatoes are popping up in the community garden now!



Tips for Eating 5 A Day

- After you bring your produce home, wash it, cut it up and keep it in baggies ready to use in a recipe or to eat as a snack.
- Have a bowl of fresh fruit sitting on the table, ready to eat when you want a snack.
- Add sliced bananas, grapes or any fresh fruit to your cereal, yogurt, oatmeal, pancakes, or waffles in the morning.



Above: Be creative!

- Try using the veggies from your garden to make a delicious vegetable sandwich or even a veggie wrap with a tortilla.
- Vegetable soup is easy to prepare, and so is a fruit smoothie with nonfat yogurt and fruit...both are a good way to get 5 A Day!

Community Garden
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Use water wisely!

Here are some great
examples of water
conservation in your
community garden:



Above: soaker hose Below: irrigation



Above: soaker hose

Gardening Tips



There can be no other occupation like gardening in which,
if you were to creep up behind someone at their work,
you would find them smiling.

~Mirabel Osler

- Pull weeds now while they are small and before they have time to flower or seed
- Watering the weeded area the day before pulling the weeds will soften the soil and make it possible to pull up the entire root system
- If you pull out a weed that already has a seedhead, do not use it as mulch or leave it in a walkway



Now is the time to
plant strawberries

Recipe Corner



Vegetable Sandwich Booster*

Serves 4 Provides 1 serving of vegetables per person

- 1 medium zucchini
- 1/2 cup grated carrots
- 1/4 cup red wine or balsamic vinegar
- 1 bell pepper
- 1 small red onion
- 1 tablespoon olive oil

Slice all vegetables thinly. Toss with oil and vinegar. Add to sandwiches.

Calories: 52 Fat: 4g Cholesterol: 0mg Fiber: 1g Sodium: 5mg

*Adapted from NCI's 5 A Day